



MOVE!



Lose Weight by..... PLANNING AHEAD!!

Losing weight is mostly a matter of self control when it comes to eating and exercise. One big problem is that eating is so often an impulsive act and is, therefore, out of control. A big part of the solution is to PLAN AHEAD.

- ✓ Plan all your menus in advance.
- ✓ Go to the grocery store with a LIST. Stick to the list!
- ✓ Eat BEFORE going to the grocery store.
- ✓ MEASURE all food portions.
- ✓ Put serving dishes away before sitting down to eat.
- ✓ Drink plenty of fluid with your meals.
- ✓ Have a designated eating place - the table.
- ✓ Decide what you will eat before going into a restaurant.
- ✓ Eat filling foods BEFORE going to a social event where there is food.
- ✓ Make your lunch and snacks at home and bring them with you to work or when traveling.
- ✓ Schedule daily exercise time. Prioritize exercise time.
- ✓ Plan your daily schedule to include relatively leisurely eating times.
- ✓ Plan some pleasures other than eating into your life.
- ✓ Have a plan to deal with strong impulses to eat or overeat.